

Base Menu Spreadsheet

Weighted Values

May 2, 2022 thru May 25, 2022

Menu Name: K-12 Breakfast Menu

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 05/02/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900664 Muffin, Banana, WG	each	1	28.00
900665 Muffin, Blueberry WG	each	1	26.00
000926 Muffin, Choc. Chip WG, Otis	1 Muffin	1	31.66
900094 Cereal Bars, all flavors (1)	1 Bar	1	27.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
900254 Juice, Variety	4 oz	1	14.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
Weighted Daily Average			224.56
% of Calories			71.7%
Weekly Nutrient Guideline			

Tuesday - 05/03/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 2, 2022 thru May 25, 2022

	Portion Size	Reimb Qty	Carb (g)
900891 Egg & Cheese English Muffin	Package	1	24.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
Weighted Daily Average			142.90
% of Calories			69.5%
Weekly Nutrient Guideline			

Wednesday - 05/04/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900892 Fiesta Breakfast Calzone	Calzone	1	22.00
900893 Country Breakfast Calzone	Calzone	1	32.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc.,	8 oz. Carton	1	23.49

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May 2, 2022 thru May 25, 2022

Purity			
Weighted Daily Average			172.90
% of Calories			63.3%
Weekly Nutrient Guideline			

Thursday - 05/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900818 waffle, mini pillsbury, maple	each	1	37.00
900868 Poptart, Blueberry	package	1	38.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
Weighted Daily Average			157.41
% of Calories			84.1%
Weekly Nutrient Guideline			

Friday - 05/06/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001010 Egg Square, USDA, 2	2 Sq. USDA	1	1.24
900098 Cheese Slices (2) - NK900098	1 Slice	1	1.01

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900058 Biscuit, Southern	2.2 oz Biscuit	1	24.54
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
900254 Juice, Variety	4 oz	1	14.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
Weighted Daily Average			93.48
% of Calories			49.1%
Weekly Nutrient Guideline			

Monday - 05/09/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900676 Pancake, Mini Maple Flavor	1 Bag	1	35.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00

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Weighted Values

May 2, 2022 thru May 25, 2022

	Portion Size	Reimb Qty	Carb (g)
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
Weighted Daily Average			153.90
% of Calories			73.0%
Weekly Nutrient Guideline			

Tuesday - 05/10/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900890 Apple & Cinnamon Oatmeal Round	Package	1	38.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
Weighted Daily Average			156.90
% of Calories			68.7%
Weekly Nutrient Guideline			

Wednesday - 05/11/2022

Reimbursable Meal Total 1

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Weighted Values

May 2, 2022 thru May 25, 2022

	Portion Size	Reimb Qty	Carb (g)
000755 French Toast Sticks (2)	2 Sticks	1	52.16
900868 Poptart, Blueberry	package	1	38.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
Weighted Daily Average			163.85
% of Calories			75.4%
Weekly Nutrient Guideline			

Thursday - 05/12/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900889 Strawberry Boli, IW, WG	92g	1	41.00
900868 Poptart, Blueberry	package	1	38.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20

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May 2, 2022 thru May 25, 2022

	Portion Size	Reimb Qty	Carb (g)
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
Weighted Daily Average			161.41
% of Calories			81.8%
Weekly Nutrient Guideline			

Friday - 05/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001010 Egg Square, USDA, 2	2 Sq. USDA	1	1.24
900098 Cheese Slices (2) - NK900098	1 Slice	1	1.01
900058 Biscuit, Southern	2.2 oz Biscuit	1	24.54
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
900254 Juice, Variety	4 oz	1	14.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
Weighted Daily Average			93.48
% of Calories			49.1%
Weekly Nutrient Guideline			

Monday - 05/16/2022

Reimbursable Meal Total 1

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Weighted Values

May 2, 2022 thru May 25, 2022

	Portion Size	Reimb Qty	Carb (g)
900664 Muffin, Banana, WG	each	1	28.00
900665 Muffin, Blueberry WG	each	1	26.00
000926 Muffin, Choc. Chip WG, Otis	1 Muffin	1	31.66
900094 Cereal Bars, all flavors (1)	1 Bar	1	27.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
900254 Juice, Variety	4 oz	1	14.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
Weighted Daily Average			224.56
% of Calories			71.7%
Weekly Nutrient Guideline			

Tuesday - 05/17/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900891 Egg & Cheese English Muffin	Package	1	24.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20

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000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
Weighted Daily Average			142.90
% of Calories			69.5%
Weekly Nutrient Guideline			

Wednesday - 05/18/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900892 Fiesta Breakfast Calzone	Calzone	1	22.00
900893 Country Breakfast Calzone	Calzone	1	32.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
Weighted Daily Average			172.90
% of Calories			63.3%
Weekly Nutrient Guideline			

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Weighted Values

May 2, 2022 thru May 25, 2022

Thursday - 05/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900818 waffle, mini pillsbury, maple	each	1	37.00
900868 Poptart, Blueberry	package	1	38.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
Weighted Daily Average			157.41
% of Calories			84.1%
Weekly Nutrient Guideline			

Friday - 05/20/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001010 Egg Square, USDA, 2	2 Sq. USDA	1	1.24
900098 Cheese Slices (2) - NK900098	1 Slice	1	1.01
900058 Biscuit, Southern	2.2 oz Biscuit	1	24.54
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
900254 Juice, Variety	4 oz	1	14.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49

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Weighted Values

000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
Weighted Daily Average			93.48
% of Calories			49.1%
Weekly Nutrient Guideline			

Monday - 05/23/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
900676 Pancake, Mini Maple Flavor	1 Bag	1	35.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
Weighted Daily Average			153.90
% of Calories			73.0%
Weekly Nutrient Guideline			

Tuesday - 05/24/2022

Reimbursable Meal Total 1

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Weighted Values

May 2, 2022 thru May 25, 2022

	Portion Size	Reimb Qty	Carb (g)
900890 Apple & Cinnamon Oatmeal Round	Package	1	38.00
000610 Cereal, variety	1 Bowl	1	45.21
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
Weighted Daily Average			156.90
% of Calories			68.7%
Weekly Nutrient Guideline			

Wednesday - 05/25/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000755 French Toast Sticks (2)	2 Sticks	1	52.16
900868 Poptart, Blueberry	package	1	38.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00

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Weighted Values

May 2, 2022 thru May 25, 2022

	Portion Size	Reimb Qty	Carb (g)
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49
Weighted Daily Average			163.85
% of Calories			75.4%
Weekly Nutrient Guideline			

			Carb (g)
Weighted Averages			154.82
% of Calories			69.0%

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.